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Amendments to the Claims:

Following is a complete listing of the claims pending in the application, as amended:

1. (currently amended) An exercise system comprising:

a local system including ~~at least one~~ an exercise apparatus having an actuator and ~~at least one~~ an associated local computer, said ~~at least one~~ local computer being able to control in at least one-way communication with said actuator; ~~at least one exercise apparatus;~~

a remote system including at least one remote computer; and

an Internet connection that at least part-time couples said local system to said remote system for ~~at least one-way~~ data communication between said local system and said remote system, such that said local system is interposed between said remote computer and said actuator, whereby said remote system cannot directly control to said actuator.

2. (original) An exercise system as recited in claim 1 wherein said local system is one of a plurality of local systems, each of which is in at least part-time communication with said remote computer.

3. (currently amended) An exercise system as recited in claim ~~[[2]]~~ 1 further comprising a server system including at least one server computer in at least part-time communication with said remote computer.

4. (original) An exercise system as recited in claim 3 wherein said remote system is one of a plurality of remote systems, and each of which is in at least part-time communication with said server system.

5. (currently amended) An exercise system as recited in claim [[4]] 1, wherein said exercise apparatus further has a sensor, said local computer being able to receive signals from said sensor, such that said local system is interposed between said remote computer and said sensor, whereby said remote system cannot directly receive signals from said sensor. ~~controls an operation of said exercise apparatus.~~

6. (currently amended) A local system as recited in claim [[5]] 1 wherein said local computer is located internally to said exercise apparatus.

7. (currently amended) A local system as recited in claim [[6]] 1 wherein said local computer may include at least a portion of a modified script.

8. (original) A local system as recited in claim 5 wherein said exercise apparatus includes at least one of a bicycle, a rowing machine, a step machine, and a resistance trainer.

9. (currently amended) A local system as recited in claim [[5]] 1 wherein said ~~operation~~ control may include a resistance setting for said exercise apparatus.

10. (previously presented) A local system comprising:

at least one exercise apparatus; and

at least one associated local computer controlling an operation of said exercise apparatus based upon a modifiable script provided by said local computer.

11. (original) A local system as recited in claim 10 wherein said local computer is located internally to said exercise apparatus, and wherein said script is modifiable externally to said exercise apparatus.

12. (original) A local system as recited in claim 11 wherein said local computer can communicate with a remote system to provide said remote system with local system data concerning said use of said exercise apparatus, and to receive remote system data including at least a portion of a modified script to be stored in said read/write memory.

13. (original) A local system as recited in claim 12 wherein said exercise apparatus includes at least one of a bicycle, a rowing machine, a step machine, and a resistance trainer.

14. (original) A local system as recited in claim 12 wherein said script includes a resistance setting for said exercise apparatus.

15. (withdrawn) A method for controlling an exercise apparatus comprising:

running a modifiable script on a local computer to control the use of an exercise apparatus; and

communicating with a remote system to receive from said remote system data including at least a portion of a script to be stored in said local computer.

16. (withdrawn) A method for controlling an exercise apparatus as recited in claim 15 wherein said communicating comprises establishing a communication linkage between said local computer and said remote system.

17. (withdrawn) A method for controlling an exercise apparatus as recited in claim 16 further comprising:

communicating between said remote system and a server system.

18. (new) An exercise system comprising:

an exercise device having an actuator;

an actuator controller coupled to said actuator;

an exercise program apparatus communicating with said actuator controller and including a recording medium for storing an exercise program and auditory information synchronized with said exercise program;

whereby said exercise program apparatus supplies a programmed exercise session for a user of said exercise device with synchronized auditory accompaniment.

19. (new) An exercise system as recited in claim 18 wherein said actuator controller forms a part of said exercise device.

20. (new) An exercise system as recited in claim 19 wherein said exercise program apparatus forms a part of said exercise device.

21. (new) An exercise system as recited in claim 18 wherein said wherein said recording medium includes a digitally encoded CD.

22. (new) An exercise system as recited in claim 21 wherein said exercise program apparatus comprises a computer.

23. (new) An exercise apparatus as recited in claim 18 wherein said auditory information is human speech.